



Patient Information: Tixel

Tixel is a medical grade skin rejuvenation device that uses a fractionated metal handpiece to deliver pure heat energy to the skin. Tixel treatments help to improve the appearance of fine lines, sun damage, reduce skin laxity and enhance topical medication absorption into the skin.

Tixel is suitable for the full face including the eyes, eyelids, neck, décolletage and anywhere on the body. It is particularly useful for thin, crepey skin. Tixel can also be used to deliver topical medications without the use of needles for treatment of rosacea, pigmentation and melasma or lines and wrinkles

Pre-treatment advice

- We advise skin preparation with a retinol, suncream and topical vitamins at least 2-4 weeks (prefer 4 weeks) before treatment. Skin preparation encourages healthy skin and allows the skin to withstand the heat treatment with less downtime (the period your skin is red and dry). It also improves your clinical outcome. We recommend the Synergie A- Z kit, which is complimentary if you purchase a package of treatments.
- You must avoid sun exposure, sunburn or tanning and use a suncream regularly before and during your treatment course.

On the day of the treatment

- On the day of the treatment, please come 30 minutes before your planned treatment with clean, makeup free skin, so we can apply a topical anaesthetic to the skin before your treatment.
- During the treatment, the skin will feel hot. Most people tolerate this easily. If it is too uncomfortable let us know.
- Immediately after the treatment, your skin will feel red and hot, like sunburn. The intensity of the heat settles after a few hours.
- If intense swelling occurs take an antihistamine (e.g. Telfast, Claratyne). Or a cool compress.



Post treatment advice

- **Avoid heating the skin** (hot showers, saunas, direct sunlight) or applying thick moisturizer until the skin has improved.
- The skin will then become dry and sandpapery as the top layer of skin exfoliates. This may continue for a week or two.
- **Do not pick or rub** at the dry skin or clinical area. If you develop crusts or sores, apply Vaseline /Occlusiderm
- If you are concerned you are developing an **open wound** or a cold sore, please call us immediately on 0404123781, email or SMS the clinic .
- If you cannot see us, see a doctor on the day and take this sheet with you.
- **Do not have active clinical treatments for 2 weeks**, such as any dermabrasion, laser, intense pulsed light, chemical peels , muscle relaxant injections or dermal filler.

Post treatment skin care

We advise simple home care focusing on hydration until your skin has settled, e.g.

Day 1:

Use **Super Serum** and **Vitamin B serum** every hour for the next 6 hours to reduce skin dryness and promote collagen

Day 2- Day 4:

- Cleanse with a gentle cleanser twice a day- no rubbing.
- Apply sunscreen daily e.g.**Uberzinc**. Continue life long!
- Apply **Occlusiderm /Superserum** 4 x a day for 4 days.
- Apply Vitamin B serum at night.

After 4 days if your skin is on the mend, return to your normal skin regime, without using your vitamin A. Apply a good moisturiser regularly.

- Do not use any topical acids or retinol until the skin is back to normal.

Thrive Skin Clinic Shop 2 264- 270 Lawrence Hargrave Drive Thirroul NSW 0404123781.
info@thriveskinclinic.com.au



Makeup: Apply a clean mineral makeup after 24 hours. Do not apply old or non-mineral makeup as this will increase infection risk.

- We recommend **Synergie Mineral Whip** (broad spectrum medical foundation) is the best product to use following a clinical treatment, as it will soothe, provide coverage UVA/B sun protection.

Treatment Plan

The initial course for Tixel treatment is at least 3 treatments, 4- 6 weeks apart. If you are trying to reduce skin laxity, you may need up to 6 treatments. A single repeat treatment every 9-12 months is advised. Your clinical results will be enhanced with medical grade home skin care, regular medifacials/ Hydrafacial (e.g. every 6 weeks), anti-wrinkle treatments and dermal fillers.